

Annapolis Senior Center

1027 Bay Ridge Avenue
Annapolis, MD 21403
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216
Monday—Friday 8:00 a.m. to 4:30 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING

March 2003



From The Director, Ed Casey

CLASS MAKE-UPS DUE TO WEATHER PROBLEMS

As this newsletter goes to press, we have yet to be able to work out a make-up schedule for classes missed due to our “lovely” February weather. The daily schedule on Pages 2 and 3 reflect our schedule **prior** to the weather problems. Changes obviously need to be made. We will speak to all affected instructors and have make-up dates posted on our bulletin board as soon as possible.

Please note that space and time constraints may prevent us from making up all classes. We will do our best. **Thank you for your patience in this matter.**

CLASS REGISTRATION

Spring Class Registration is scheduled to begin on Monday, March 3. This is subject to change. Please check the bulletin board for current information.

EMERGENCY PREPAREDNESS: Recently, each senior center was required to come up with a Fire Emergency plan. Everyone, staff **and** members, has a job to do. **Your** job, as a participant, is to proceed to the **Emergency Evacuation Area (EEA)** should you be directed to do so. Our EEA area is the far end of our parking lot, **directly across from our front door, parallel to Bay Ridge Avenue.** **Please**, report to this area **before** attempting to leave (especially if you have a car). It is **very** important that we account for all who were present.

Inside this issue:

Daily Schedule	Pages 2 & 3	Birthdays	Page 6	Menu	Page 9
Highlights	Page 4	Advisory Council	Page 6	Trips	Back Page
Tax Assistance	Page 4	Future Events	Page 7	Phone #s	Back Page
Spring Classes	Page 5	Weather Policy	Page 7	Staff Info.	Back Page
Ongoing Services	Page 6	Caregiver Series	Page 8	E-Mail	Back Page

Web Site: www.aa-aging.org

Daily Schedule—March 2003

Monday March 3

Spring Class Registration is scheduled but subject to change. See Page 1.

8:30 Aerobics
10:00 Current Events
10:00 Ceramics
12:00 Lunch
12:45 Ceramics
1:30 Opera Appreciation

Tuesday, March 4

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:00 Woodcarving
9:15 Weight Training....UM
10:15 Needlecrafts
10:30 Elderhood: This Is Your Life...UM
12:00 Lunch
12:30 Applique
1:00 Adaptive P. E. w/Jane
1:00 Knitting
2:30 History: The Elizabethan Theatre

Wednesday, March 5

8:30 Aerobics
9:30-12:00 Blood Pressure & Glucose Monitoring
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Intermediate Spanish
1:00 Adaptive P. E. w/Anne

Thursday, March 6

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
9:30 Painting & Drawing
10:15 Bingo
12:00 Lunch
12:30 Holiday Bazaar Work shop...Details on Page 4!

Thursday, March 6.....cont'd

1:00 Beginning French
1:00 Yoga....UM
1:00 Duplicate Bridge
3:00 'Touchstones'
Discussion....UM

Friday, March 7

8:30 Aerobics
9:30 Effective Colored Pencil Technique

10:00 Walking Club....

Annapolis Mall...Sign Up Req'd

12:00 Lunch
1:00 Art: Watercolor
No Keep Your Mind Alert Today!

Monday, March 10

8:30 Aerobics
10:00 Current Events
10:00 Ceramics
12:00 Lunch
12:45 Ceramics
1:30 Opera Appreciation

Tuesday, March 11

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:00 Woodcarving
9:15 Weight Training....UM
10:15 Needlecrafts

10:30 Elderhood: This Is Your Life....UM

12:00 Lunch
12:30 Applique
12:45 SCAMS w/Officer Joe
See Page 4 for details!

Tuesday, March 11.....cont'd

1:00 Adaptive P. E. w/Jane
1:00 Knitting
2:30 History: The Elizabethan Theatre

Wednesday, March 12

8:30 Aerobics
9:00 'Mini Massage'
See Page 4 for details!
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Intermediate Spanish
1:00 Adaptive P. E. w/Anne

Thursday, March 13

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
9:30 Painting & Drawing
10:00 Bingo
12:00 Lunch
1:00 Beginning French
1:00 Yoga....UM
1:00 Duplicate Bridge
3:00 Touchstones'
Discussion....UM

Friday, March 14

8:30 Aerobics
9:30 Effective Colored Pencil Technique
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Birthday Celebration
1:00 Art: Watercolor

Monday, March 17

*Happy
St.
Patrick's
Day!!*



Thought for the Day!!

Love at first sight is easy to understand. It's when two people have been looking at each other for years that it becomes a miracle.

.....Sam Levenson

Daily Schedule—March 2003

Monday, March 17.....cont'd

8:30 Aerobics
10:00 Current Events
10:00 Cards & Games
10:00 Ceramics
12:00 Lunch
12:45 Ceramics
1:30 Opera Appreciation



Tuesday, March 18

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
10:00 Cards & Games
10:00 SHOPPING: Walmart
Sign up required by 3/11.
10:30 Elderhood: This Is
Your Life....UM
10:30 Sewing
12:00 Lunch
1:00 Adaptive P. E. w/Jane
1:00 Knitting

Wednesday, March 19

8:30 Aerobics
9:30-12:00 Blood Pressure
& Glucose Monitoring
10:00 Keep Your Mind Alert
12:00 Lunch
12:30 Crafts
12:45 Open Bridge
1:00 Adaptive P. E. w/Anne
1:00 Cards & Games

Thursday, March 20

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
9:30 Painting & Drawing
10:15 Bingo
12:00 Lunch
12:30 Holiday Bazaar Work-
shop...Details on Page 4!
12:45 Advisory Council....UM

Thursday, March 20.....cont'd

1:00 Beginning French
1:00 Cards & Games
1:00 Duplicate Bridge
3:00 'Touchstones'
Discussion....UM

Friday, March 21

8:30 Aerobics
9:30 Effective Colored Pencil
Technique
10:00 Keep Your Mind Alert
12:00 Lunch
1:00 Cards & Games
1:00 Art: Watercolor

Monday, March 24

10:00 Current Events
10:00 Ceramics
12:00 Lunch
12:45 Ceramics
1:00 Cards & Games
1:30 Opera Appreciation

Tuesday, March, 25

10:00 Cards & Games
12:00 Lunch
1:00 Knitting

Thursday, March 27

9:30 Painting & Drawing
10:15 Bingo
12:00 Lunch
1:00 Beginning French
1:00 Yoga....UM
1:00 Cards & Games
1:00 Duplicate Bridge
3:00 'Touchstones'
Discussion....UM

Friday, March 28

10:00 Walking Club...Annapolis
Mall. Lunch at Mall.
SIGN UP REQUIRED by 3/21.
12:00 Lunch
1:00 Cards & Games
2:00 Long Term Care
Presentation - See Page 6!
No Keep Your Mind Alert
Today!

Monday, March 31

10:00 Ceramics Trip
10:00 Cards & Games
12:00 Lunch
1:30 Opera Appreciation

Reminder.....

Volunteers!!



Don't forget to log
your hours in our
Volunteer Log Book!!

Make-Up Classes.....

Please see Page 1 and the
bulletin board for
information regarding
cancellation and make-up
of classes due to the
weather.

Legend:

UM - Eastport United
Methodist Church

Program Highlights—March 2003

“MONTHLY SEWING CIRCLE”.....The Sewing Class is held on the 3rd Tuesday of every month at 10:30 a.m. Mary Smith is the instructor. Check the daily schedule each month for the date.

Cards and Games are played daily at the Center. Come and join us!

Thursday
March
6 & 20
12:30 pm

HOLIDAY BAZAAR WORKSHOP

Our 2003 Bazaar Workshops have got off to a great start. Please join us on the scheduled dates for this month's workshops. We welcome volunteers. Bring your suggestions and ideas. Evelyn Bacon and Marie Lloyd are the instructors.

Tuesday
March 11
12:45 pm

“SCAMS” with OFFICER JOE

Officer Joe Hatcher, Police Liaison with the Dept. of Aging, will give a presentation and update on current SCAMS. Join us for this informative session and learn how to protect yourself from being exploited. **Please sign up if you plan on attending.**

Wednesday
March 12
9:00 am—
11:45 am

MINI MASSAGE

Mary Ann Roesler, Certified Massage Therapist, offers you relaxation with a “Mini” Massage. You will have a choice of a head, neck, back or hand massage. **Senior Center membership is required. By appointment only. Sign up at the Reception desk.** Mary Ann will be at the Center every other month starting in March.

Thursday
March 20
10:00 am

BONE HEALTH BINGO!

The Learn to Live Program, Anne Arundel County Department of Health's campaign for healthy living, is now offering a presentation focusing on bone health for those fifty years of age and over. This presentation, which also includes information on how to prevent falls, is done in a game format similar to Bingo. Sign up to have some fun with the opportunity to obtain valuable health knowledge.

Mon. & Tues.
March 24 & 25
9:30—2:30

55 ALIVE DRIVER REFRESHER COURSE

A certificate is issued upon completion of this two day A.A.R.P. sponsored class. This driver's training is honored by many insurance companies for a reduction in premium. **The class fee is \$10.00 with checks payable to A.A.R.P. Pre-registration is required; payment must be received by Friday, March 14th.**



V.I.T.A. - VOLUNTEER INCOME TAX ASSISTANCE

Tax season is in high gear! Trained tax volunteers are available at the Annapolis Senior Center until April 4th. They can assist you with “SIMPLE” 2002 Income Tax Returns. The senior center cannot do returns involving partnerships or corporations, self-employed persons or rental properties. APPOINTMENTS ARE REQUIRED. Call 410/222-1818.

ANNAPOLIS SENIOR CENTER				WINTER CLASSES	
Monday		Wednesday		Friday	
Aerobics (M/W/F)	8:30— 9:30	Aerobics (M/W/F)	8:30— 9:30	Aerobics (M/W/F)	8:30— 9:30
Music Appreciation	10:00—11:30	Computer—Beg. see F.Y.I. *	9:00 - 10:30	Computer—Beg. see F.Y.I. *	9:00— 10:30
Ceramics	10:00—12:00	Keep Your Mind Alert *	10:00—11:30	Effective Colored Pencil	9:30— 11:30
Word Processing-Basic...SC *	10:00—11:30	Crafts *	12:30— 2:30	Keep Your Mind Alert *	10:00— 11:30
Ceramics	12:45— 2:15	Open Bridge *	12:45— 3:30	Art: Watercolor *	1:00— 3:00
Opera Appreciation	1:30— 3:30	Spanish—Intermediate	1:00— 3:00	F.Y.I..... SC signifies Stanton Center UM signifies United Methodist Church Word Processing runs 4/7—6/2.. Beg. Computer begins 4/2 & ends 4/25. Please Note..... The Classes/Activities with an * are not college classes. They are free but may require a small supply fee. Sign up may be required. Registration for the Anne Arundel Comm. College Spring classes begins on March 3rd(date subject to change). Persons 60 & over at the commencement of the class, pay a \$20 registration fee only. For persons 55 to 59 there is an additional \$40 fee, per class. The Class Schedule is subject to change if enrollment does not reach the required minimum.	
Tuesday		Adaptive P.E. w/Anne	1:00— 2:00		
Aerobics (T/Th).....UM	8:30— 9:15	Thursday			
Flex & Stretch w/Weights *	8:45— 9:45				
Woodcarving	9:00—11:30	Aerobics (T/Th).....UM	8:30— 9:15		
Weight Training (T/Th)....UM	9:15—10:00	Flex & Stretch w/Weights *	8:45— 9:45		
Needlecrafts	10:00—12:15	Weight Training (T/Th).....UM	9:15—10:00		
Elderhood.....UM *	10:30—12:00	Painting & Drawing	9:30—12:00		
Applique	12:30— 2:30	Duplicate Bridge *	1:00— 3:30		
Adaptive P.E. w/Jane	1:00— 2:00	French—Beginning II	1:00— 3:00		
Knitting *	1:00— 3:00	Yoga.....UM *	2:30— 3:30		
History: Life in Victorian Times	2:30— 4:00	Touchstones.....UM *	3:00— 4:00		
		If you have questions or concerns about the classes, please ask staff or volunteers.			

Ongoing Services

Blood Pressure/Glucose Monitoring – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

Information & Assistance - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4th Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs.

See Ed or Jo to schedule an appointment.

SHIP (Senior Health Insurance Program) - Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4th Thursday of the month, by appointment**. On the **4th Friday of every month at 2:30 p.m.**, Susan Knight, Director of SHIP, addresses the issue of Long Term Care Insurance. Join us for this valuable informational presentation.

Dining Out/Shopping Trips – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies.

Walking Club - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.

MARCH Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :

John Alvanos, Jack Bagnall, Evelyn Beall, Jacklin Belt, Geraldine Bonds, Catherine Bothe, Mary Brandow, Mary Brummel, Rachel Calvert, Josie Cerone, Margaret Cronin, Ruth Doughty, Margaret Eder, Robert Elmendorf, Audrey Gentry, Virginia Gill, Anne Grace, Maxine Hessler, Marguerite Hilbert, Mary Howard, Michael Isaac, Ruth James, Lillian Lane, Ann Leahy, Ethel Lewis, Lois Lewis, William Marrisett, Jr., Robert Mason, Joanna Matos, Mary Minor, Elsa Michaels, Amanda Nunley, A. Ellen Riddle, Ted Scullen, Dorothy Seligman, Charles Smith, Theresa Spruill, Roxie Starlings, Alice Wagner, Evelyn Wood, Albert Zaino and Barbara Zuccaro.

This month the Birthdays will be celebrated on Friday, March 14th at 12:30 p. m.



Advisory Council Members visit Annapolis Center!

Each month, representatives of the Advisory Council are available at the Annapolis Senior Center at specified dates and times. It is an opportunity for Center mem-



bers to meet with their Council representatives, address concerns and issues, and make suggestions. Please check the bulletin board for dates and times for this month.

BULLETIN!!

The "Craft Clinic" is cancelled effective immediately. Thea Lindauer, the instructor, is not in good health at the present time and we wish her well. We also extend a BIG thank you to Thea for her time and expertise which she has so graciously given to the Annapolis Center.

Annapolis Senior Center

Looking into the future.....

Coming in April:

CARING FOR THE CAREGIVER.....The Anne Arundel County Department of Aging Family Caregiver Program will present a free 8 part educational series for caregivers of all ages. The program will be held on Wednesday evenings from 7 pm to 9 pm, starting April 2nd. SEE PAGE 8 FOR ALL THE DETAILS OF THIS SERIES.
DON'T FORGET TO MARK YOUR CALENDARS!!

COUNTY DANCE COMPETITION.....'Spring Fling'
FRIDAY, APRIL 25, 10:30 A.M. — 2:30 P.M.



A flyer with information will be posted on the bulletin board, soon.

Forthcoming Events.....check upcoming newsletters.

THE AGING EYE.....informational presentation by the Baltimore Washington Eye Center.

VISION SCREENING.....an opportunity to have your eyes checked.

HEARING SCREENING.....an opportunity to have your hearing and hearing aids checked.

COMING IN THE SPRING..... "Italian Day". Watch for information on this special event. It's going to be FUN!!



INCLEMENT WEATHER POLICY

Listen to your radio or television. The Center will be closed if all Anne Arundel County Government Offices are closed. If Anne Arundel County Schools are closed, all activities at the Center are cancelled, including lunch and transportation. If the schools open late, the center will also open late. All classes prior to 10:00 a.m. will be cancelled. Classes that begin at 10:00 a.m. or later will be held as scheduled. In the event of early school closure all classes starting at 1:00 p.m. or later will be cancelled.



**Anne Arundel County Department of Aging
Family Caregiver Program**



Caring for the Caregiver

April 2nd

Respite Options

Whom do you call? How much will it cost? Is anything free?

April 16th

The Facts and Nothing but the Facts

The basics of Alzheimer's Disease.

April 30th

When Life Throws You a Curveball

Emotions and coping skills.

May 7th

You've Got to be Kidding!

Keeping your sense of humor.

May 21st

Who's on First?

Communicating with your dementia affected loved one.

June 4th

And in this Corner.....

Managing behaviors in your dementia affected loved one.

June 18th

Down and Dirty

Managing incontinence in your dementia affected loved one.

July 2nd

Is It Time?

Placement Issues.


Mary Fridley, RN. BS. C., from Gero-Resources, is the facilitator of this educational series for caregivers of all ages.

**All sessions will be held on Wednesdays from 7 p.m. to 9 p.m. at the
Annapolis Senior Center.**

Please call the Center at 410/222-1818 to register for the Program.

MARCH 2003 MENU

Annapolis Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Minestrone soup Italian meatballs in Sauce Citrus fruit cup Mini sub roll Chocolate cake	4 Chicken rice soup BBQ chicken Succotash Dixie slaw Whole wheat bread Orange	5 Vegetable soup Tuna salad Lettuce/tomato Dilled carrots Kaiser roll Stewed fruit compote	6 Tossed salad Veal creole Rice Scandinavian vegg. French bread Fruit Cocktail	7 Pineapple juice Macaroni, ham & cheese Collard greens Whole wheat bread Brownie
10 SUPER SPECIAL Spiced Beets Virginia baked ham Green beans Sweet potatoes Biscuit Cream puff	11 Grape juice Beef Burgundy Rice Carrots Biscuit Ambrosia	12 Health salad Creole mac & beef Italian vegetables Whole wheat bread Pineapple tidbits	13 Potato soup Knockwurst Baked beans Sunny slaw Frankfurter roll Sliced peaches	14 Tossed salad Tuna noodle casserole Stewed tomatoes Cornbread Apple
17 Blended juice Corned beef Red bliss potatoes Carrots Rye bread Emerald cake	18 Tossed salad Chicken oregano Sweet potatoes Peas Dinner roll Lemon cake	19 Cranberry gelatin salad Sliced turkey w/gravy Mashed potatoes Spiced beets Whole wheat bread Sliced peaches	20 Mar. cukes & onions Beef stroganoff Rice Herbed zucchini Pumpernickel bread Fruit cocktail	21 Sunshine salad Turkey stew Large biscuit Purple plums
24 Fruit compote Chicken breast w/gravy Sweet potatoes Spinach Vienna bread Oatmeal cookie	25 Mar. cukes & onions Pork chops with gravy Stuffing Carrots Pumpernickel bread Orange	26 Tossed salad Chicken stew Biscuit Lemon cake	27 Spiced apples Stuffed pepper Glazed carrots Cornbread Peanut butter cookie	28 Minestrone Seafood salad Lettuce/tomato Winter blend Kaiser roll Almond cake
31 Cranberry gel salad Pork ribette Baked beans Yellow squash Cornbread Orange	Those under 60 must pay the \$3.36 cost of the meal. Those 60+ please contribute as much as you can towards the cost of the meal . At the very least, reservations must be made by 10:00 a.m. the day before you want the meal. Please call (410) 222 -1003. Hour s: 9:45 a.m. —1:15 p.m.			

Ed Casey	Center Director
Jo Morris	Assistant Director
Robyn Prehn	Receptionist
Pat Haydock	Nutrition Site Manager
James Bias	Transportation Van Driver
Robert Howard	Transportation Van Driver
Reuben Bowman	Custodial Services
E-Mail Address	annapoliscenter@mail.aacounty.org

Center Phone	410-222-1818
Fax	410-222-1216
Nutrition	410-222-1003
Dept. of Aging	410-222-4464
Transportation	410-222-4826
Meals on Wheels	410-431-5257
Officer Joe Hatcher	410-222-8585 (Police Liaison)

TRIPS 2003

Stop by the Center or call us at 410/222-1818 to find out about the fabulous trips the Trip Committee has put together for you!



Here is a sampling of what we have to offer.....

INTERNATIONAL SPY MUSEUM



Ladew Gardens

The Berkshires

Lantern Queen

Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, the Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.